

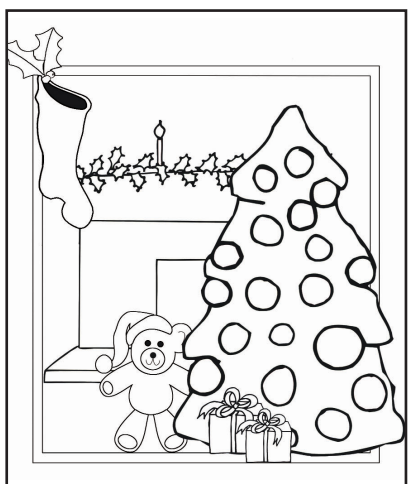
Cover Story

Flu season begins

Buckley begins vaccinating people in hopes of beating the bug.
-Page 4



Photo Illustration by Master Sgt. Deb Smith

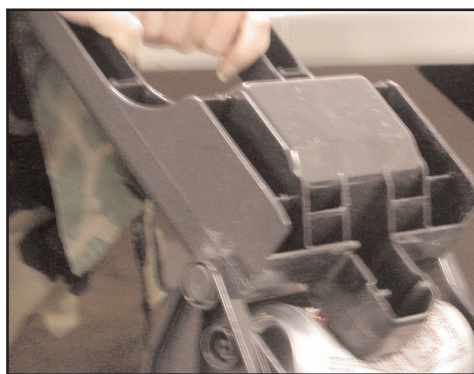


Holiday coloring contest:

This year's holiday cover could be decorated by you!

-Page 3

Recycle this holiday season



There are many ways to help the environment. See inside to find some holiday season environmental tips.

-Page 9

Buckley Viewpoint: Thanking a fallen comrade

Action Line

Q: I would like to commend all the people who work at Buckley’s outdoor recreation office. I have had numerous dealings with these people and they have consistently been very helpful and courteous. I do have some concerns about the recreation vehicle (RV) parking area. Currently, in most cases, users of the lot are forced to back their RVs and boats into the spaces at 90-degree angles. With such large vehicles, this is sometimes very difficult and I am amazed that more accidents haven’t occurred. I think someone needs to look at the

layout of the lot and redesign it so the storage spaces are at a 45-degree angle. This would make it much easier and safer for people to park and store their vehicles. Of course, this would also result in losing some of the slots, which brings me to my second concern. As I understand it, there is a waiting list for the slots and I believe this will only get worse as the population of Buckley Air Force Base continues to grow. Therefore, I also feel that the RV storage facility should be expanded. Thank you very much for your time

and attention to this matter.

A: Great idea! I have directed a complete review of the parking situation and feasibility of expanding the lot. Once this review is complete, we will contact the current users of the lot to implement any procedures and publicize it in the *Mile High Guardian*. Improving the quality of life of the Buckley community is important, and suggestions like this one help keep us on track.

The Commander’s Action Line is a way for the Front Range military community to bring issues, concerns and comments (positive or negative) to my attention.

The action line phone number is 303-677-9881.

When leaving messages, people are not required to identify themselves. However, if you’d like a personal response, please leave your name, telephone number and mailing address. Provide as many specifics on your issue as possible. If you have a recommended solution, include it as well. Not all action lines will be published.

If the issue is detailed or lengthy, you may also send items to me through the 460th Air Base Wing Public Affairs Office via fax at 303-677-6887, e-mail to newspaper@buckley.af.mil or mail your submission to the following address:

Commander’s Action Line
c/o 460 ABW/PA
18401 E. A-Basin Stop 88
Buckley AFB CO 80011-9524

Please use this valuable communication tool. I look forward to hearing new ideas and answering your questions.

Allen Kirkman Jr.
ALLEN KIRKMAN JR.
Colonel, USAF
Commander



Col. Allen Kirkman Jr.

History Tidbits

Significance of the 460th Medical Squadron emblem

Blue and yellow are the Air Force colors. Blue alludes to the sky, the primary theater of Air Force operations. Yellow refers to the sun and the excellence required of Air Force personnel. The Staff of Aesculapius represents the medical profession. The five stars symbolize the strength and resolve of the squadron to support the four military components (Army, Navy, Marines and Air Force) and the United States by providing healthcare services. The globe signifies the entire earth and the global range of the wing’s mission.



Buckley’s Weekend Weather Forecast



Friday:
Sunny, partly cloudy
High: 53
Low: 29



Saturday:
Chance of snow
High: 35
Low: 12



Sunday:
Chance of snow
High: 25
Low: 10

Courtesy of the National Weather Service, www.weather.gov



Name: _____

Age: _____

Parent or Legal Guardian’s Name: _____

Home Phone Number: _____

School: _____

Send finished art with entry form to:
Team Buckley Holiday Coloring Contest
460th Air Base Wing Public Affairs
18401 E. A-Basin Ave. Stop 88
Buckley Air Force Base, CO 80011
Deadline is Dec. 10

Flu season begins... Base Public Health officicals recommend vaccinations

By Master Sgt. Deb Smith
460th Public Affairs

Just like relatives, this year’s flu bug has arrived much earlier and in numbers higher than anticipated.

In response, Capt. Tolani Francisco, chief of the 460th Public Health Element says the Buckley Immunization Clinic is rushing to vaccinate as many people as possible.

“It’s not unusual to have influenza (flu) occur this early in the season,” said Francisco. “What is unusual is to have this much of it this early. We normally don’t see the numbers of cases we’ve seen until about February or March.”

According to the Colorado Department of Public Health and Environment, to date (Nov. 19, 2003), 1,525 cases of the flu have been reported in Colorado. And the numbers are growing.

Thus far, this year’s flu experience is developing differently from recent seasons, and it is causing concern among the public as well as public health officials.

“What’s unusual about this year’s strain of flu is that, although it is a ‘Type-A’ strain of flu, it has mutated slightly since the manufacture of the vaccine,” said Francisco. “So the level of protection one receives from the immunization is about 80-percent, as opposed to the 90- to 95-percent we have normally come to expect.”

However, the slight decrease in the amount of protection is in no way an invitation to forego the vaccination all together.

“The protection you’re receiving

from this vaccination far outweighs the risk of catching this year’s strain,” she said.

And this year’s strain is a doozey says the Center for Disease Control (CDC). It is marked by fever, headache, extreme tiredness, a dry cough, sore throat, nasal congestion and body aches. Most people who get the flu recover in 1 to 2 weeks, but for some, complications can set in that can develop in to more serious, life-threatening complications, such as pneumonia.

Interestingly enough, many people confuse “stomach flu” with influenza. Many characterize “stomach flu” as illnesses with nausea, vomiting, or diarrhea. The CDC’s National Center for Infectious Diseases says these symptoms are not caused by the flu virus, “but can be caused by many different viruses, bacteria, or even parasites.”

While vomiting, diarrhea, and being “sick to your stomach” can sometimes be related to the flu — particularly in children — the Center says “these problems are rarely the main symptoms of influenza. The flu is a respiratory disease and not a stomach or intestinal disease.”

Despite rumors, there’s no need for panic. According to Francisco, there is plenty of the vaccine on base, and there’s enough for everyone who wants protection.

Francisco says the clinic has already immunized more than 900 personnel. Priorities for its use include public health and medical workers, those troops most likely to deploy within the next 90 days,



Photo by Staff Sgt. Christine Castillo

Col. Allen Kirkman Jr., 460th Air Base Wing commander, receives his flu shot from Senior Airman Tracey McGinthy Monday. Active duty military members can get flu shots at the Aurora North facility to help reduce their risk of contracting the virus.

clinic employees who provide direct patient care, and high-risk beneficiaries including children with asthma and other problems. Since it takes about two weeks after the vaccination for antibodies to develop in the body and provide protection against influenza virus infection, Francisco says it’s important to get vaccinated as soon as

possible. “In the meantime, you’ll still be at risk for getting the flu, but it’s never too late to get vaccinated.” Flu shots are available from the Aurora North Facility, located at 830 Potomac Circle, Aurora. For more information call the Aurora Facility at 303-677-6553, or Public Health at 303-677-6454.

Buckley ‘War Week’ expands exercise scenarios

By Airman 1st Class Chris Smith
460th Public Affairs

Members of Team Buckley spent the week in ‘warrior’ conditions with different exercise scenarios playing out throughout the week.

Some of the scenarios included a short-notice deployment, a robbery, vehicle accidents and frequently changing force protection conditions.

An off-base exercise took place involving military members as well as civilian police officers. The team actively worked a simulated helicopter emergency a few miles to the southeast of the base.

The Arapaho County Sheriff’s Department took part in the exercise because they have the initial jurisdiction in an off-base incident.

“Anytime we go off base (for an incident), we need to make sure we contact our civilian counterparts,” said Armando Argiz, chief of the 460th Readiness Flight. Civilian law enforcement agencies will generally be there before the military.

Col. David Gruber, 460th Mission Support Group commander and on-scene commander for the exercise, had the task of making

sure all parts of the exercise at the accident site played out the way they was supposed to.

Local media were also invited to the exercise crash site, but only to view what the military does during exercises and to help them understand why we exercise.

There were several mobility processing lines, which are one of the most important steps airmen must complete prior to deployment, according to 1st Lt. Nelle Pirotte, chief of employments and relocations.

“It’s very important we make sure people are ready to fight a war,” said Pirotte.

In the mobility processing lines, Pirotte’s job is to make sure things like immunizations are current, wills are completed, finances are secure and ultimately making sure the members are eligible for deployment. The Family Support Center even helps out by giving out phone cards so members can call home from the deployed location.

“We are the last thing between them and the deployed location,”



Photo by Airman 1st Class Chris Smith

Col. David Gruber, 460th Mission Support Group and incident on-scene commander, gives an interview to local media following Tuesday’s off-base exercise. He explained that exercises like these are an important part of military readiness.

said Pirotte. If we don’t make sure they have what they need for a deployed location, we’re in trouble.”

Col. Allen Kirkman Jr., 460th Air Base Wing commander, said he was pleased with the overall outcome and participation displayed by members of Team Buckley in this week’s exercises.

“The men and women of Team

Buckley who participated in the exercises this week did so in an efficient and professional manner. I am very impressed with the response of our members and the way they stepped up to the plate when the task presented itself,” said Kirkman.

Buckley’s next ‘War Week’ is scheduled to take place the week of Jan. 12-16, 2004.



High Frontier Dining Facility Thanksgiving Meal



The 460th Services Division is scheduled to host a Thanksgiving Dinner at the High Frontier Dining Facility Nov. 27 from 10:30 a.m. to 1 p.m. The meal is open to all active duty personnel, retirees and their immediate families.

For more information, contact the High Frontier Dining Facility at 303-677-9642 or the services division at 303-677-6110.

Buckley VIEWPOINT

The Passenger: airman thanks fallen soldier

By Staff Sgt. Jeramie Brown
Detachment 4, Air Force News Agency

RAMSTEIN AIR BASE, Germany -- Like most Americans, I find that I am pretty selfish sometimes. I learned just how selfish on a recent trip to Iraq. I was sitting on a C-130 Hercules waiting to leave a location I can't spell or pronounce, when we got delayed. I was annoyed. I'd been traveling for hours trying to get to my destination and here we were, stuck in some out-of-the-way place and I was hot, tired and ready to get there already. Then it happened. I found out we were waiting on another passenger.

I didn't know his name. I say 'his' but I didn't know if he was actually a he or a she. I didn't know what branch of service he was in or what rank he was. All I knew was that this passenger cost me another hour and a half on that plane.

Little did I know how profound an impact "The Passenger" would have on me. You see, this passenger that we had to wait on, who delayed our trip and annoyed me and the other passengers, was a casualty of war.

The ground crew brought him on board in a body bag. They laid him down between the jump seats and the cargo pallet, and covered him with Old Glory. At that moment, I felt the heat of shame in my face. Who was I to worry about a little lost sleep or a few extra hours on a plane when he had given his life in this war?

By this time, everyone on board had stood up out of respect and, when they had "The Passenger"

secure, the sergeant leading the crew called the plane to attention and barked a quick command. Every man and woman on that plane, from private to colonel immediately snapped a crisp salute in honor of the ultimate sacrifice made by "The Passenger". It was a moment of perfect unity. Every eye on that flag, every arm raised in respect, every breath caught in every throat for just one second.

With our respects paid, everyone took his or her seat and prepared for take-off. I don't know about anyone else on that plane but I found myself contemplating what this passenger's sacrifice meant: to me, to our country, but mostly to his family. I found myself wondering what he gave up for the war on terror. Did he leave a wife behind when he deployed? Did he have children out there somewhere who would never see their father again? What about his parents, brothers and sisters? How would his family cope with his death?

Was the sacrifice he made for his country worth it? To his family, perhaps not. To the Iraqi families, maybe.

You see, I learned something else on this trip. I learned how the Iraqi people are living. Ramshackle houses... no cars... no central air, or any air conditioning for that matter, none of the so called 'modern conveniences'.

Clinics are opening all over the country, doctors are no longer afraid that if they misdiagnose someone it will cost them their lives. That's right, there is no mal-practice insurance in Iraq. A doctor at one of the clinics told me that, under the old regime, if a doctor

made a mistake, he paid for it with his life. So was "The Passenger's" sacrifice worth it? I guess it depends on your point of view.

Then I started thinking about my own family. How would my wife deal with my death if it came on this trip? Would my children be okay? How horrible would it be for my parents to outlive me? I thought of my brother and his family in California. How many times have I meant to call them only to get distracted and forget? I haven't seen them in almost four years. My sister in Illinois hasn't seen me in a couple of years either. When was the last time I called her? Why haven't I e-mailed her or my niece lately? I use to send her e-mails every week or so, but I seem to have let my oh-so-busy life get in the way of communicating with the ones I love. Do I write enough? Call enough? Definitely not! I think that's what it all comes down to.

We get so wrapped up in our lives that we forget about the other people in this world. We forget that not everyone lives in a free society. We forget that sometimes you have to stand up for people who can't stand up for themselves. We forget that we have a responsibility to the people of this world, and not because we are a super power or

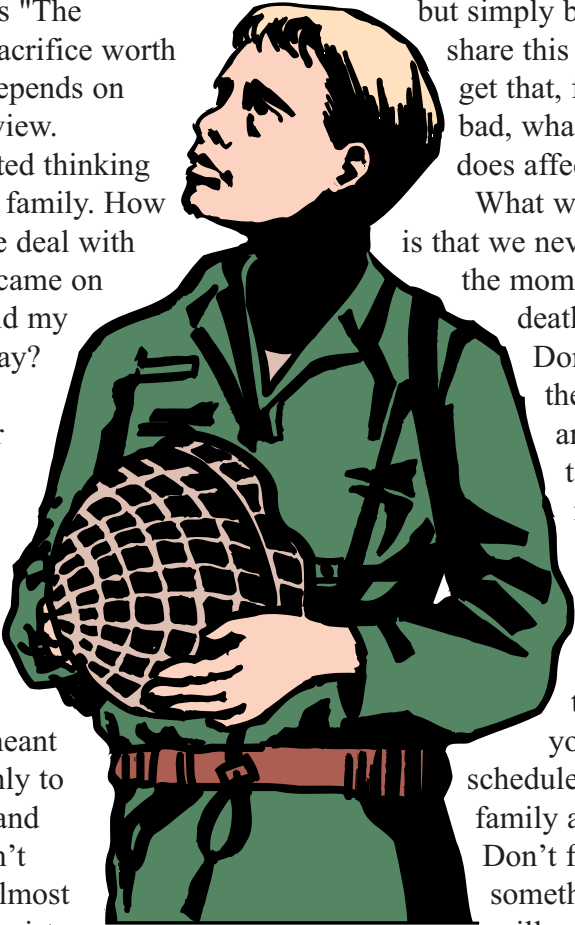
have the best military in the world, but simply because we all share this planet. We forget that, for good or bad, what one person does affects everyone.

What we can't forget is that we never know when the moment of our death will come. Don't forget to tell the people who are most important to you how much you love them and how much you miss them. Don't forget to take time out of your 'busy' schedule and call your family and friends. Don't forget to do something today that will make a difference tomorrow, so that when your time comes someone can say 'Thank you for the sacrifices you made, you had a profound impact on my life.'

So to "The Passenger," I say thank you. Thank you for serving your country. Thank you for standing up for people who can't stand up for themselves. Thank you for making the ultimate sacrifice. Most importantly, thank you for making me realize that our time on this earth is never certain and we'd better do our best to make it worthwhile. May you find peace and happiness wherever you may be.

Now, if you will excuse me, I have to go call my kids, my parents, my brother, my sister...

(Courtesy of Air Force Press News)



MILE HIGH GUARDIAN

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not guarantee publication. The editorial staff, listed to the right, also reserves the right to edit the final appearance of articles in this publication. All submissions are edited for accuracy, brevity, clarity and military newspaper style in line with current journalistic standards. To reach us, call 303-677-9431 or you can fax us at 303-677-6887.

Editorial Staff

Col. Allen Kirkman Jr.
Commander

John M. Spann
Chief, Public Affairs

Staff Sgt. Christine Castillo
Editor

Airman 1st Class
Chris Smith
Staff Writer

Buckley Happenings

Services Division

Employees of Buckley Air Force Base including active duty military, civilians and sponsors and their children are invited to attend the 2nd Annual Thanksgiving Social on Tuesday at 11 a.m. at the Community Activity Center in Mod. 2. Free lunch will be provided. There will be

games, entertainment and the opportunity to win two club seat tickets donated by the Colorado Avalanche. For more information, call Tamiko Thomas at 303-677-9337.

Buckley Pharmacy

The Buckley Pharmacy will be closed on Thursday for Thanksgiving and will reopen on Friday from 8:30

a.m. until 3 p.m. The pharmacy will also be closed on Dec. 25-26 and Jan. 1-2. These closures will allow the pharmacy staff to enjoy the holidays with their families. Please plan accordingly for your prescription needs.

Chapel Services

Catholic: The Feast of

the Immaculate Conception will be celebrated Dec. 8 with confessions at 11:30 a.m. and Mass at 12 p.m. in the base chapel.

2003 Holiday Cookie Caper- The base chapel needs help baking, bagging and delivering cookies. Please bring baked cookies to the chapel by close of business on Dec. 1. For more information, contact the chapel at 303-677-6411.

Thrift Shop

The thrift shop will be closed on Thursday to observe the Thanksgiving holiday. Happy Thanksgiving!

Congratulations to the following personnel who were selected out of cycle for promotion:

Senior Airman Joshua Hinsey, 460th Security Forces Squadron; Senior Airman Joshua Woodard, 460th Security Forces Squadron; Senior Airman Daniel Tyler, 460th Security Forces Squadron; Senior Airman Robert Starkweather, 460th Security Forces Squadron; Staff Sgt. Robert Barton, 460th Communications Squadron; Staff Sgt. Johnny Greenberry, 460th Communications Squadron.

Attention officers:

The next undergraduate flying training (UFT) board will convene at the Air Force Personnel Center on March 2, 2004. This selection board will

review applications for pilot and navigator. Those officers with a date of birth after April 1, 1974 and a total federal commission service date (TFCSD) after April 1, 1999 will be eligible to

apply for UFT. For more information, contact the base formal training element at the education and training flight at 303-677-9703.

High Frontier Dining Facility Menu (Nov 21 - 27)

Dining hours							
Breakfast: 5:30 a.m. - 8 a.m.; Lunch: 10:30 a.m. - 1 p.m.; Dinner: 5 p.m. - 7 p.m.; Midnight Meal: 11 p.m. - 1 a.m.							
	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
LUNCH	Egg drop soup Pot roast Baked stuffed fish Roast loin of pork Oven brown potatoes Steamed rice Brown gravy Cauliflower combo Succotash Green beans with mushrooms	Creole soup Teriyaki chicken Veal parmesan Salmon cakes Filipino rice Parsley butter potatoes Mushroom gravy Fried cabbage Succotash Mixed vegetables	Cream of potato BBQ ham steak Turkey and noodles Beef ball stroganoff Boiled egg noodles Mashed potatoes Brown gravy Calico corn Spinach Lima beans	Tomato bouillon Herbed baked chicken Stuffed cabbage Southern fried catfish Mashed potatoes Black-eyed peas with rice Peas Sweet potatoes Chicken/turkey gravy Sweet potatoes Mixed vegetables	Italian garden soup Mexican baked chicken Swiss steak w/ tomato sauce Stuffed green pepper Baked macaroni and cheese Steamed rice Vegetable gravy Corn on the cob Spanish style beans Peas and carrots	Pepper pot soup Crispy baked chicken Cajun meatloaf Rib-eye steak Baked potatoes Mashed potatoes Brown gravy Broccoli French style peas Glazed carrots	Shrimp cocktail Macaroni salad French onion soup Roast turkey Baked ham Steamship round Cornbread dressing Mashed potatoes Green beans Steamed corn Peas
DINNER	Egg drop soup Chili macaroni Cannelloni beef Southern fried chicken Cottage fried potatoes Mashed potatoes Chicken/turkey gravy Steamed squash Glazed carrots French style peas Short Order: Grilled Polish sausage Steak and cheese sub	Creole soup Country captain chicken Meatloaf Turkey a la King Steamed rice Mashed potatoes Mushroom gravy Harvard baked beans Mustard greens Okra/tomato gumbo Short Order: Sloppy BBQ beef Roast beef sub	Cream of potato soup Lemon herb chicken BBQ spareribs Stuffed pork chops Scalloped potatoes Steamed rice Brown gravy Cauliflower combo Mexican rice Tempura vegetables Short Order: Cheese fishwich Monte Cristo sandwich	Tomato bouillon Roast loin of pork Jaeger w/mushroom sauce Cornish hen Potato halves Orange rice Chicken/turkey gravy Simmered pinto beans Corn combo Short Order: Cannonball sandwich Italian pepper beef sandwich	Italian garden soup Lasagna Spaghetti w/meat sauce Sweet Italian sausage Mashed potatoes Vegetable gravy Broccoli polonaise Cauliflower Italian style baked beans Short Order: BBQ pork sandwich Burritos	Pepper pot soup Fish Almondine Stir fry chicken with broccoli Pork chops w/ mushroom gravy Rissole potatoes Rice pilaf Brown gravy Fried okra Short Order: Buffalo wings Hot Italian sausage sandwich	Shrimp cocktail Macaroni salad French onion soup Roast turkey Baked ham Steamship round Cornbread dressing Mashed potatoes Green beans Steamed corn Peas Short Order: Hamburgers French fries

Star Performer

Name – Tech. Sgt. Antonia “Tony” J. Anderson

Unit – 460th Mission Support Squadron

Time in Service – 12 Years

Duty Title – NCOIC of career enhancements

Hometown – Laurens, S.C.

Hobbies – Sports, reading, listening to music and a fan of pro wrestling (he swears it’s real)

By 2nd. Lt. David Garrett
Chief, Customer Support

Tech. Sgt. Antonia “Tony” J. Anderson entered active duty on Sept. 25, 1991. His assignments include: Little Rock Air Force Base, Ark.; Osan Air Base, South Korea; Pope AFB, N.C. and Aviano AB, Italy. In October 2001, he arrived at Buckley.

The career enhancements section of the Military Personnel Flight is responsible for officer and

enlisted promotions, reenlistments, officer and enlisted performance reports, the weight management program, unfavorable information files, as well as other special actions programs. These are all highly important programs that affect every person assigned to Buckley. Anderson has done an exceptional job of supervising and mentoring the people who manage and support these programs.

During a time when manning shortages left the section understaffed, Anderson assumed many extra duties and still maintained a record of exceptional duty performance. His work with enlisted promotions and the quality force review board has allowed many personnel assigned to Buckley to get to know his professionalism and dedication.

It was because of his hard work, extra hours and expert knowledge that our section was singled out as directly contributing to the Mission Support Squadron “excellent” rating on the 2003 inspector general compliance inspection.

Anderson said there is one thing



Photo by Airman 1st Class Chris Smith

Tech. Sgt. Antonia “Tony” J. Anderson smiles for a photo at his desk in career enhancements.

he would like to change about that Air Force. He said that in his twelve years of service he has witnessed a gradual decline in the respect displayed by young airmen. If he could change something, it would be for the Air Force to focus on ways of instilling respect in young airmen just entering the service.

Anderson is currently working on his bachelor’s degree and plans

on a second career after he retires. He would like to work with a professional sports team in some capacity of business or marketing. He would also like to open his own sports bar named “Tony’s”.

Anderson is a shining example of the kind of “can do” work horse that makes Buckley the premier United States Air Force installation in Space Command and the Colorado Front Range.

Environment benefits from holiday season recycling

By Airman 1st Class Chris Smith
460th Public Affairs

Reduce, reuse, recycle. These are three important things people can do to help keep the environment clean and keep waste to a minimum.

With the holidays approaching, and wrapping paper and ribbons for gifts being used in abundance, it's an important time of year to refresh your environmental mindset.

Sandy Bell, pollution prevention manager with the 460th Civil Engineer Squadron, said reducing waste is where helping the environment begins.

"We want to try to reduce (waste) from the beginning," said Bell. She said one way to reduce the waste we accumulate is to avoid the use of virgin products, or products that are new and not recycled.

This holiday season, Bell said there are plenty of tricks people can use to not only save money, but also reduce waste.

Bell added that if people take their time unwrapping gifts, wrapping paper and ribbons can be saved for the holidays next year. Gift bags are especially easy to reuse because you just have to pull

out the gift, rather than unwrap it, and it's not likely the bag will be damaged. Cardboard tubes from wrapping paper can also be recycled.

For those who celebrate Christmas, the holiday season is a time to buy and put up a Christmas tree and decorate it with lights, ornaments and tinsel.

When people buy a live tree year after year, they may not realize how many trees they are wasting and how much money they could be saving.

One alternative is to buy an artificial Christmas tree, Bell said. While they are generally more expensive than live trees, you can save money because you're not buying a new tree every year.

If you're the type of person that needs that pine needle scent of a real tree during the holidays, you can still have a live tree. Some nurseries sell live trees during the holiday season that come potted so when the season is over, it can be planted for continuous enjoyment, according to Bell.

Reducing, reusing and recycling isn't just an idea that should be followed during the holidays. It should be practiced throughout the



Photo by Master Sgt. Deb Smith

Airman Tabias Galloway, 460th Mission Support Squadron evaluations representative demonstrates the proper way to dispose of paper -- a recycling receptacle.

- entire year.
- The following are types of materials that can left in recycle bins here at Buckley:
- Leave paper in the brown bins labeled for paper outside most buildings on base. Office paper, newspaper and catalogues are a few examples of types of paper that can be left in these bins.
 - Deposit aluminum cans in the brown bins similar to and near the paper bins.
 - Leave cardboard items in the dumpsters labeled for them. They are generally next to the trash dumpsters outside of most buildings. Boxes put in these containers should be broken down to maximize use.
 - Deposit select plastic containers into the bins at Buckley for recycling. Only containers with a "1"
- See *Recycle*, Page 10**

Retraining program offers airmen chance for new career

By Master Sgt. Mike King
460th Military Personnel Flight

Are you tired of your current Air Force specialty but want to remain in the Air Force? Is there another Air Force career field that interests you? If you answered yes to those questions, the Airman Retraining Program may be for you.

The program allows individual airmen and NCOs a choice of career fields from which to pursue an Air Force career. Retraining opportunities are available for first term airmen under the Career Airmen Reenlistment Reservation System (CAREERS) and NCOs under the NCO Retraining Program.

CAREERS allows first term airmen to retrain into skills where a shortage exists. Airmen apply at the MPF Personnel Employment section no earlier than the 1st duty day of the month in which they complete 35 months of their current enlistment (59 months for 6 yr

enlistees) but no later than the last duty day of the 43rd month of their current enlistment (67 months for 6 yr enlistees).

Because the retraining processing can be lengthy involving testing, medical appointments and interviews, airmen are encouraged to apply at the earliest opportunity rather than waiting until the last day. Your retraining opportunity will be lost if retraining processing is not completed by the last day.

After an airman completes retraining processing, all documents are forwarded by the MPF to their respective MAJCOM. The MAJCOM then forwards them to AFPC for approval or disapproval of the airman’s retraining application. AFPC has established a Quality Retraining Program board to ensure only well qualified candidates are selected for retraining. The board is typically held the third week of every month. All applicants not selected will remain as pending or cancelled (if not select-

ed after three boards).

Because of this board process, the final answer on a retraining application can take up to three months. Once a final decision is rendered, the MPF is notified and the MPF notifies the applicant.

The annual NCO Retraining Program (NCORP) is designed to move NCOs from AFSCs with significant overages into AFSCs with NCO shortages.

This program consists of three phases. The first phase is voluntary and the second phase is involuntary. Retraining requirements are determined by Air Staff and career field managers.

A voluntary phase announces the start of the fiscal year program. Air Staff provides the list of AFSCs with significant overages and shortages.

The objective is to get as many volunteers as possible with overages (retraining out) to retrain into AFSCs with shortages (retraining in). Note: For the current fiscal

year, the NCORP has not yet been announced. The MPF will notify the base when the program opens.

If retraining objectives are not met through the voluntary phase, selective retraining becomes necessary. NCOs who possess a secondary or additional AFSC in a shortage skill are often returned to those skills if in the best interest of the Air Force.

If skill imbalances still occur, Air Staff will direct involuntary retraining into selected AFSC shortages. The approval process for NCO’s is similar to that of airmen and can be lengthy at times.

If you are interested in retraining or have questions please contact Tech. Sgt. Jim Hyatt at 303-677-5248 or Senior Airman Redmond at 303-677--9083.

Another source of good information would be to see the 460th Air Base Wing career assistance advisor, Senior Master Sgt. Bob Schwanke at 303-677-6933.

From <i>Recycle</i>, Page 9 or “2” on the bottom of the container can be accepted. -Leave glass items in the “Gondola”, another recycling dumpster in the BX/Commissary parking	lot. -Deposit printer toner cartridges for recycling in a recycling container north of lemon lot, near the Sixth Avenue gate. Deposit all metals for recycling	clinging in the container north of lemon lot. Leave metals for recycling between 1 and 1:30 p.m. on Thursdays. Other hours are by appointment. Leave old wiring and wood-	en pallets with the Defense Reutilization and Marketing Office (DRMO). Bell said recycling and reusing all supplies to their fullest extent is an important thing everyone needs to	do to help the environment. “We obviously want to keep the resources we have and not lose anymore,” said Bell. “It’s important not to leave a huge ecological footprint.”
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THE BLOTTER ENTRIES -----

Emergency Response

Location: Bldg. 28
The fire department notified the law enforcement desk that an engine responded to Bldg. 28 for an alarm. One patrol was dispatched for assistance. The fire chief stated there was no cause for the alarm and terminated the response. No further action was taken.

Emergency Response

Location: Bldg. 28
The fire department notified the law enforcement desk that an engine responded to Bldg. 28 for a fire alarm. One patrol was dispatched for assistance. The fire chief stated the cause of the alarm was burnt food.

Unlocked Facility

Location: Bldg. T-10, (Mod. 1)
A security forces member notified the law enforcement desk that while conducting a check of Bldg. T-10, he found the front door of the building unsecure with no signs of forced entry. One patrol was dispatched. Security forces established a cordon and completed a walk around of the facility. Security forces contacted the building custodian, who responded. Security forces and the building custodian conducted an interior check of the facility where everything appeared to be in order.

Informational Entry

The fire department notified the

law enforcement desk that they received an off-base emergency call. A distraught individual called and mentioned the words ‘terrorism’ and ‘Buckley Air Force Base’. The fire department notified the Aurora Police Department and kept the individual on the phone until police arrived to apprehend him and place him in 72-hour lockup.

Unauthorized Base Entry

Location: Sixth Avenue Gate
A security forces member notified the law enforcement desk that a green Toyota had entered the base without authorization. One patrol was dispatched and made contact with the driver at Bldg. 471, the Visitor Control Center. The driver

was escorted back to the Sixth Avenue Gate where he was briefed on proper entry procedures and released. No further action was taken.

Emergency Response

Location: Bldg. 401/ Aerospace Data Facility main lobby
The fire department notified the law enforcement desk that three fire engines responded to a fire alarm at Bldg. 401. One patrol was dispatched. The fire chief stated the cause of the alarm was a failed HVAC motor.

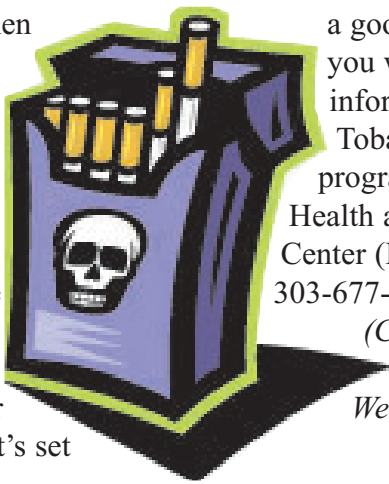
Tobacco -- Did you know?

It has been found that there are more than 4,000 chemical compounds in tobacco smoke. Of these, at least 43 are known to cause cancer in animals or humans. Many people are unaware that tobacco use is the leading cause of death

in the United States. Every year, tobacco use causes more deaths than fires, automobile accidents, alcohol, cocaine, heroin, homicides and suicides combined. Despite this staggering statistic, approximately 3,000 children take up smoking every day in the United States. Tobacco smoke is dangerous to

everyone, but it is especially dangerous to infants and young children. Exposure to secondhand smoke can cause an infant or child to have increased incidence of ear infections, bronchitis, pneumonia, coughing and weezing. A child who witnesses a parent or role model smoking is also at higher risk of becoming a

smoker when he or she reaches adolescence. We need to remember that we are all role models in one way or another; let’s set



a good example. If you would like more information on the Tobacco Cessation program, call the Health and Wellness Center (HAWC) at 303-677-5699.
(Courtesy of 460th Health and Wellness Center)

Turkey basics for smart cooking this holiday season

By Master Sgt. Deb Smith
460th Public Affairs

Food, family, friends, and football—almost everyone loves the traditional festivities of Thanksgiving. But a large crowd, a big bird, and too many cooks in the kitchen can not only ruffle the feathers of your in-laws, but for inexperienced cooks, can also be a recipe for food-borne illness.

Whether this is your first turkey or your 50th, the U.S. Department of Agriculture (USDA) suggests safe handling and preparation of your turkey is the first step in ensuring your holiday meal settles well.

“Following basic USDA recommendations will help ensure safe, confident cooking and prevent food-borne illness for diners,” said Susan Conley, director of Food Safety

Education Staff for the U.S. Department of Agriculture. “We get a lot of calls to the USDA Meat and Poultry Hotline around the holidays because people are preparing turkeys and other meats—sometimes for the first time. And often they’re preparing food for larger numbers of folks, so we give them the basics.”

Safe Thawing

There are three safe ways to thaw food: in the refrigerator, in cold water, and in the microwave oven. Always store frozen turkeys in the freezer until time to thaw. Partially thawed turkeys can contain bacteria. However, if the turkey is allowed to thaw at a temperature above 40 °F, harmful bacteria that may have been present before re-freezing can multiply again. While frozen, a turkey is safe indefinitely.

When thawing a turkey in the

refrigerator, it’s best to plan ahead. Place the turkey on a platter and return it to the refrigerator. The USDA recommends for every 5 pounds of turkey, allow approximately 24 hours of thawing in a refrigerator set at 40 °F.

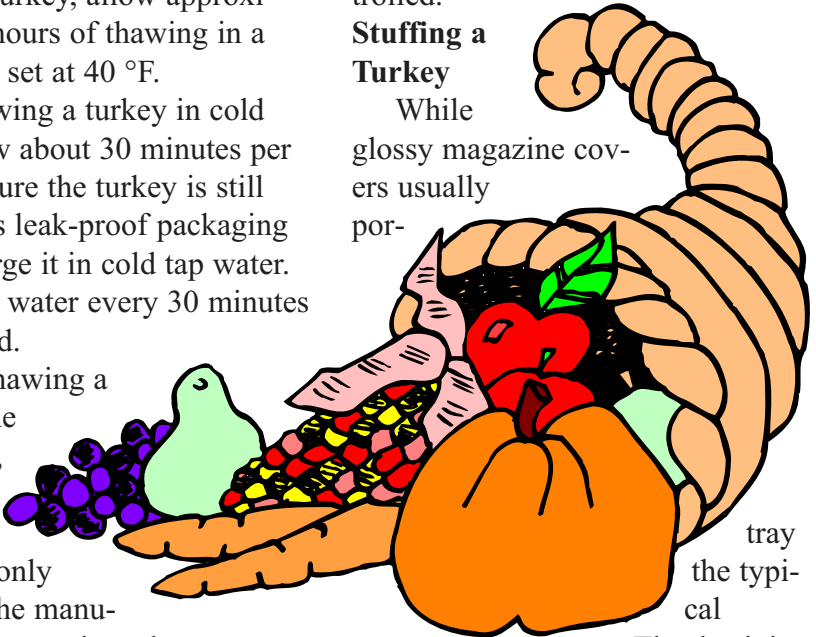
For thawing a turkey in cold water, allow about 30 minutes per pound. Ensure the turkey is still sealed in its leak-proof packaging and submerge it in cold tap water. Change the water every 30 minutes until thawed.

When thawing a turkey in the microwave, the USDA recommends not only following the manufacturer’s instructions, but any instructions on the turkey label. When defrosting in cold water, and in the microwave, cook the turkey immediately after thawing. It’s important to begin the roasting

process and kill any bacteria that may be present because with these methods of thawing, conditions are not precisely temperature controlled.

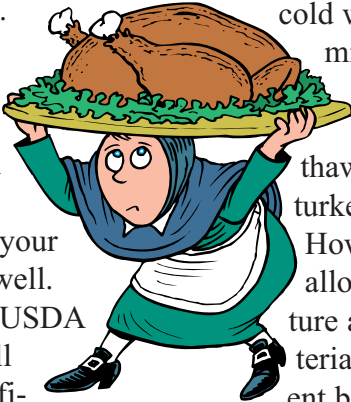
Stuffing a Turkey

While glossy magazine covers usually portray



Thanksgiving turkey on a classic American platter, with perfectly browned stuffing, cooking the stuffing inside the bird is a risk.

See *Turkey*, Page 17



Two programs help Air Force officers join JAG Corps

WASHINGTON — Company grade officers who want to join forces with the Air Force’s Judge Advocate General Corps will have a chance from January to March.

Two programs, the Funded Legal Education Program and the Excess Leave Program, allow active-duty officers to pursue law degrees without ever leaving the Air Force, and to serve in the JAG Corps. Both programs begin accepting applications in January, and will provide the Air Force with lawyers who have a good understanding of the military, JAG officials said.

“Commanders demand and deserve legal advisers who understand our ever-changing missions,” said Lt. Col. Peter Marksteiner, of the JAG professional development division. “FLEP supplies us with a cadre of officers whose military experience powerfully supplements their legal training to provide commanders with the very finest

legal support.

“Having JAGs with a first-hand appreciation of what it’s like to work in other career fields builds an affinity with the rest of the line,” he said.

The funded program accounts for about 6 percent of accessions into the JAG Corps, Marksteiner said. But, he said, program graduates make up about 20 percent of the JAG Corps’ senior leaders.

It is a paid legal-studies program for active-duty Air Force officers. Program applicants must be captains with between two and six years of active-duty service as of the first day of law school.

The leave program is an unpaid legal studies program for Air Force officers. Program applicants must have two to 10 years of active-duty service

before entering law school. They must also be a captain with less than three years of time in grade or lower ranking as of the first day of law school.

Entry into the programs is not easy, Marksteiner said.

“Officers selected for FLEP typically have undergraduate grade point averages of 3.5 and Law School Admissions Test scores in the top (83rd) percentile,” he said.

Air Force JAGs do more than just legal assistance, Marksteiner said. JAG officers routinely participate in nearly every facet of the Air Force mission, including developing and acquiring weapons systems and ensuring availability of airspace and ranges where those systems are tested and operated. They also consult with commanders about

how those systems are used in armed conflict and assist in the day-to-day running of military installations worldwide.

“The scope of literally everything our service does is bounded by the law in one way or another,” Marksteiner said.

Applicants must have completed all application forms and applied to a law school that has been accredited by the American Bar Association; however, acceptance into the school is not required at time of application. They must also receive their Law School Admissions Test results and complete a staff judge advocate interview by March 1.

For more information, contact Capt. Theresa Bruno, of the JAG professional development division, at Theresa.bruno@pentagon.af.mil, call (800) JAG-USAF, or visit www.jagusaf.hq.af.mil.
(Courtesy of Air Force Press News Service)





Photo by Staff Sgt. Arian Nead

Volunteers sack-up multiple bags of groceries Thursday morning at the Buckley Navy/Marine Reserve Center. The “grocery gathering” project is part of Operation Warmheart, a non-profit organization under the direction of the base first sergeants that collects non-perishable food items for distribution to servicemembers in need. Although Operation Warmheart is more visible during the holiday season, the group is hard at work throughout the year.

From Turkey, Page 12

The USDA recommends the best way to cook stuffing is in the casserole dish, not inside the bird. Simply bake the stuffing an oven-proof dish at a temperature no lower than 325 degrees —or in the microwave—until the internal temperature is at least 165 degrees on a food thermometer. Harmful bacteria can survive in stuffing that has not been properly cooked and can also result in food-borne illness.

Cooking a stuffed turkey is far more questionable than cooking one that is not stuffed. However, if both the stuffing and turkey are handled safely and a food thermometer is used, it is possible to prepare a stuffed turkey safely.

Begin by mixing both wet and dry stuffing ingredients together. Spoon the stuffing loosely into the cavity of a properly thawed turkey, and roast immediately. The key is to carefully monitor the internal temperature of the stuffing and the turkey. Do not remove the turkey from the oven until the center of the stuffing reaches 165 degrees.

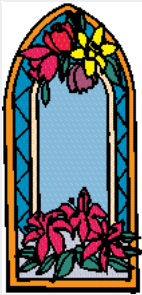
Cooking the Turkey Safely

Mastering the thawing and stuffing of the turkey are the first two basic steps. But cooking is the only way to truly destroy bacteria.



The oven temperature must never be set lower than 325 degrees. While some cooks like to slow-roast their turkey overnight at a lower temperature, this method is not recommended as prolonged periods of low cooking temperatures can result in food-borne illness—especially in meats. The internal temperature of a whole turkey, as noted on a sturdy food thermometer, must reach 180 degrees in the innermost part of the thigh. Even if the turkey has a “pop-up” temperature indicator, it is highly recommended that a food thermometer be used to double-

check the temperature in several places. To print a cooking time chart, the USDA invites holiday chefs to visit www.fsis.usda.gov/oa/pubs/tbcook.htm. For additional food safety information about meat, poultry, or egg products, call the USDA Meat and Poultry Hotline’s toll-free number 1-800-535-4555; Washington D.C. area (202) 720-3333. The toll-free number for the hearing impaired (TTY) is 1-800-256-7072. The Hotline is staffed by food safety experts, weekdays from 10 a.m. to 4 p.m., Eastern time. In addition, food safety information is available on the FSIS Web site at www.fsis.usda.gov.



**Worship
Services and
Religious
Education**

Protestant

Sunday: Bible study, 9.a.m.; Contemporary worship service, 10 a.m.
Tuesday: Aerospace Data Facility Bible study, 11:30 a.m. - 12:15 p.m., ADF conference room C.

Buckley Chapel Schedule

Wednesday: Singles dorm fellowship: 5 p.m., dormitory lobby.

Catholic

Saturday: Confession, 2:30 p.m.; Mass, 3 p.m. The Feast of the Immaculate Conception will be celebrated Dec. 8 with confessions at 11:30 a.m. and Mass at noon in the base chapel.

Other Faith Groups

Please contact the base chapel at 303-677-6411 for information on local and regional faith groups.

Special events

Fellowship luncheon: Second Wednesday of each month, from 12 to 12:45 p.m for food, fel-

lowship and a brief devotion.

*2003 Holiday
Cookie Caper*

The chapel needs help baking, bagging and delivering cookies. Please bring baked cookies to the chapel by close of business Dec. 1.

